Why Are You Here?
A Peace Leadership Exercise

This exercise requires a partner, ideally someone you can sit with in person. It could also be done on the phone, but not email. Ask a friend or family member to help. If no one is available or you would rather do this alone, use a mirror and be your own partner.

Sit facing your partner. Your partner’s job is to do only one thing: keep asking the question, Why are you here? Partners are NOT to discuss anything, ask any other questions, or in any way interfere in your process, which is to go deeper and deeper into this question.

Your task is to keep answering that question, each time in a different way, until you have exhausted all possibilities. Think of the first ‘Why are you here?’ as referring to your participation in this course. Why are you taking this course? What’s important to you about it? What deep part of yourself does it address?

Then let each additional ‘Why are you here?’ take you wherever it takes you.

When you have finished answering the question as many times as possible, reflect – quietly to yourself, out loud with your partner, and/or in writing – on the following:

- What can you now say about your motivation for peace leadership?
- What can you now say about your life purpose?
- Why is this important?